UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT Wednesday, November 11, 1931.

(NOT FOR PUBLICATION)

Subject: "A Room for the Baby." Information from the Bureau of Home Economics, U.S.D.A. and the Children's Bureau, U.S. Dept. of Labor.

Bulletins available: "Infant Care."

There are times when Cousin Susan reminds me of the old copy book we used to write in way back in early school days. This morning was one of them.

When I came downstairs in a hurry and found that it looked like rain outside, I began dashing hither and thither for my umbrella. It was not to be found.

"I was always taught," said Cousin Susan, who was also searching for my umbrella--- "I was always taught the motto: 'A place for everything and everything in its place'."

"I'm sure you're right," said I, as I gave up the idea of ever finding the umbrella and began searching for my pocketbook.

"And another thing," suggested Cousin Susan. "Did you ever hear the old saying that haste makes waste?"

"Quite right," I said, "But I'm certainly going to be late unless I find these things in a hurry."

"If you don't stop rushing around, you'll be all out of breath before you even start your chat. And if you are all out of breath, nobody will hear that redpe for quick potato soup that you like so well. Better save that recipe until the end of your talk anyway. Good things should always be saved until last."

That was the point when Cousin Susan reminded me so strongly of the old copy book.

Well, here I am anyway. No umbrella and no pocketbook. But I didn't lose that recipe. It's right here with me. And so is the very interesting menu the Menu Specialist has planned for us today.

Cousin Susan to the contrary, I mean to start right in on that recipe. Please get out your pencils and let me show you that good things sometimes do well to come first.

Five ingredients for this soup, which has more vitamins than any other potato soup I've ever heard of. That's because the raw potatoes are grated fine and put in for just the very shortest cooking.

Here are the ingredients:

1/2 cup of grated raw potato
3 cups of milk, whole or skimmed, or of milk and water combined.
1 slice of onion
1 tablespoon of butter
Salt or celery salt.

There. Let's go over those once more. (Repeat.)

Mix all these ingredients and bring them quickly to the boiling point. Cook them until the liquid thickens. Remove the onion and add the salt and fat. Serve the soup either strained or unstrained.

That's all there is to it. And very good for the children, you know.

Wait a minute. Did I mention parsley? Did I say a word about finely chopped parsley? I intended to. A little finely chopped parsley may be used for additional flavor and color. Did I mention carrots? Something else I forgot. Grated carrots or rutabaga turnips, both of which contain vitamin C, may be used in addition to or instead of the grated potatoes.

But in the last event as I said to the Recipe Lady, it wouldn't be a quick potato soup. It would be a quick carrot or a quick turnip soup. One last hint here if those carrots or turnips are old, probably they should be cooked in a little water before being added to the milk, unless the soup is to be strained.

Soup is the first thing on the menu. After that comes broiled liver, another excellent food for the children. Broiled liver and lima beans--baby lima beans, dried, canned or fresh and served with butter. Then for salad handsome mold of cider gelatin salad. And for dessert, baked pears.

Isn't that just the meal you were looking for Wednesday in November or any other day in the week for that matter? Let's go over that menu once again. Quick potato soup with parsley; Broiled liver; Lima beans; Cider gelatin salad; and Baked pears.

"Dear Aunt Sammy," writes a radio friend, "Does the book you mentioned last week, INFANT CARE, tell how to furnish the nursery? We are at present living in a small apartment. We hope to move to a house just outside the city, before long. I shall appreciate any information you have on taking care of babies."

I am sending this correspondent a copy of INFANT CARE. It's quite a problem, to bring up a child in a city apartment. A baby may get along fairly well, in a flat or apartment, until he is two or three years, old, then he needs more room. And there are always a number of stupid people in city

apartments, who forget that babies have certain inalienable rights--such as the right to express themselves freely, no matter what the time of night.

Now, as to the nursery. Choose a bright, sunny room, for a child needs sunshine, just as a plant does. Like a plant, the child will droop and pine, without plenty of sunshine. Windows opening to the south, southeast, or southwest will admit the sun for many hours of the day.

Temperature must be considered, also. A very young baby, or a delicate one, requires a warmer room than one older, or more robust. For the first few weeks, keep the daytime temperature between 65 and 70 degrees. At night it may fall from 10 to 15 degrees lower, if the baby is properly dressed and protected. For older babies, the daytime temperature may be from 65 to 68 degrees, and the night from 15 to 30 degrees lower, depending on the condition of the baby. A healthy child is easily accustomed to a cold room, and not harmed by it if he is kept thoroughly warm in his crib, and protected by screens, against drafts.

How can you tell whether the baby is warm enough, on a chilly winter night? Test his feet and hands. If they are warm, and he is sleeping quietly, he's all right. If they are cold, he needs more clothing, more covers, or to be screened more completely from cold air.

Which brings us to the subject of ventilation. If the Nursery has doors and windows on opposite sides of the room, a cross current is set up when they are opened, and the room is quickly filled with fresh air. When there is only one window, and the door opens into a hall, you can get a cross current by opening doors and windows of other rooms, at the same time. Sometimes, in very cold weather, it's pretty hard to keep the rooms warm enough for comfort, and yet well-aired. As far as the nursery is concerned, this must be a regular part of the mother's daily program. Several times a day, while the baby is out of the room, open all the doors and windows for a few minutes. Let the fresh air flood every part of the room, as it will quickly do. Then close the windows and turn on the heat, before the baby is brought back.

For ventilating the Nursery at night, in cold weather, cloth screens are a great convenience. Do you remember when "night air" was considered harmful? Another queer old idea that has passed into the limbo of discarded superstitions. "Night air" is apt to be more pure than day air, as a matter of fact, for it is cleaned by dew or fog of the dust stirred up in the day time.

The baby's room should be kept scrupulously clean, of course. If the house is old, paint or paper the bursery. Bare floors are easily kept clean. Lineleum may be used on old floors; it is easily cleaned. Washable rugs may be used, but heavy rugs and carpets are not suitable. When the baby is large enough to play on the floor, he may sit on a mat, or a heavy blanket, folded. A clean comfort may be used as a mat. This is most important in winter, when there are cold floor drafts.

In the book on INFANT CARE, there is a list of the important furnishings for the baby's room. The list is too long to broadcast. There are also suggestions about the baby's bed, and directions for making a dressing table.

Tomorrow: "Plumbing for the Housewife."